

To: Community Representatives

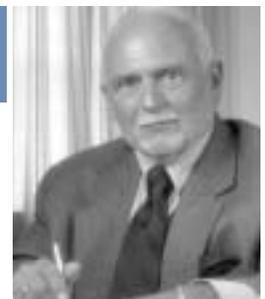
From: Thomas Gallagher, Ph.D., Director
Office of Community Liaison
National Institutes of Health (NIH)

Date: January 2003

NOTES FROM THE DIRECTOR, OFFICE OF COMMUNITY LIAISON

The Dog Ate It

Saying, “the glass fell out of my hand,” is not the same as saying “I dropped the glass.” “The glass fell” blames the glass. “I dropped the glass” blames the person. If you think about it, the difference is immense.



Thomas Gallagher, Ph.D.

Try some more. “These directions don’t make sense,” is different from “I can’t understand these directions.” Or, how about “that teacher can’t explain anything,” compared to “I don’t understand the teacher’s explanations.” Or, “What is wrong with this stupid computer?” compared to “I don’t know how to operate this program.”

The difference between the above statements is the difference between having an external locus of control or an internal locus of control. Someone is external when they habitually blame the outcome of events on something or somebody else. Conversely, a person is said to be internal when they take full responsibility for their own actions.

“The dog ate my homework,” is external. “I didn’t take care of my homework and it got destroyed,” is internal. “That was a stupid test,” is external. “I didn’t study enough,” is internal. “School is a waste of time,” is external. “I don’t make good use of my time at school,” is internal.

The difference between an external view of the world and an internal view of the world is enormous. The external person blames everything on chance, luck, connections, skin color, family name, etc. An internal person simply accepts the situation and works to change it. External people perpetually see themselves as victims. Internal people see themselves as having unlimited potential.

Of course, sometimes it is reasonable to be external. If the local middle school basketball team plays the Washington Wizards, I think the Wizards will win. Not because the local kids “didn’t want it badly enough,” but because the Wizards are a bit more practiced and accomplished at the game. Placed in this

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The Community Liaison Council will hold its next meeting on **Thursday, January 30, at 4 p.m.**, in the Natcher Conference Center, Building 45, Conference Room D on the NIH Campus.

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situation, the external person would not even try to win. The internal person, on the other hand, would take advantage of the situation and recognize it for an opportunity. The external person would probably say something like “They were too big, too fast, too strong—we didn’t have a chance.” The internal person would probably say, “I tried my best against enormous odds and was beaten, but I learned a lot.”

An external person focuses on obstacles. An internal person focuses on possibilities. An external person is often angry and dejected. An internal person is often busy practicing.

“I lost because I had bad luck,” sounds a little internal but it isn’t, because luck is external. Luck can’t be controlled. “There were more obstacles than I could overcome,” is a little bit more internal. “I lost,” is internal.

In school, when external students fail a test you usually hear the full range of external comments. “The teacher hates me.” “That’s a stupid class anyway.” “Who cares?” “That teacher can’t teach.” “The test was impossible.” “This school is terrible!” On the other hand, an internal student who fails a test usually just says, “I should have studied harder.”

External students blame the situation for their failures. Internal students achieve in spite of the situation and overcome their failures. External people generally feel that life controls them. Internal people feel like they control life. What a difference!

So what does this have to do with us? Just about everything. We all want pretty much the same thing for this New Year. At a minimum we want health, happiness, prosperity and dignity. NIH as an institution is dedicated to all of the above. It is my privilege to work with the NIH family and with each of you as we help NIH continue to add health, happiness, prosperity and dignity in abundance to our community, our state and our nation. I wish you each the Happiest of New Years, and may we each enjoy many, many more to come.

NIH CAMPUS NEWS AND ACTIVITIES

Share the Health Attracts Record Numbers; Sets Date for 2003

Once again, NIH’s free community health forum, *Share the Health: An Exposition of Health Resources from NIH to Its Neighbors*, grew to new levels. Sponsored by the NIH Office of Community Liaison (OCL), this year’s event was the most successful yet—attracting more than 700 people. Participants at the event took part in free health seminars, vision and blood pressure screenings, children’s activities, exhibits, tours, workshops and much more.



Share the Health participants collect the latest health information.

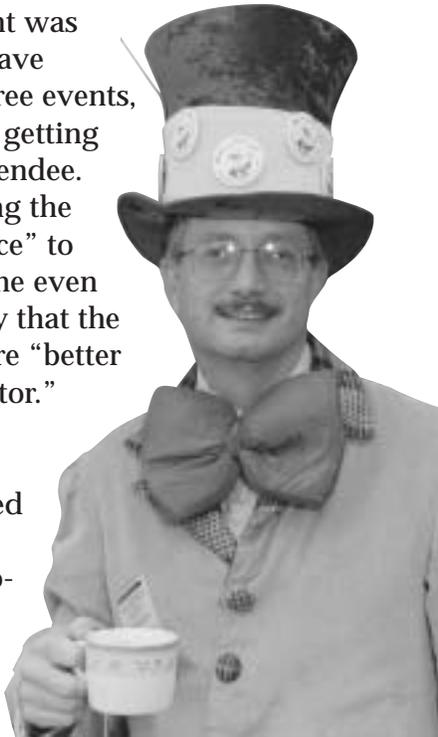
Held on Saturday, October 26, 2002, at the Natcher Conference Center on the NIH campus, participants at the event praised NIH for another successful year. For 4 years now, the NIH OCL has sponsored this event in an effort to provide the latest NIH research and health information to its neighbors and local community members.



A Share the Health participant explores online health information from the National Library of Medicine.

“As the world’s leader in biomedical research, NIH is a great resource for the community to find out about the latest health and disease prevention research,” said OCL Director Tom Gallagher, Ph.D.

Participants in the event concluded that this year's event was one of the best. "I have attended the last three events, and each just keeps getting better," said one attendee. Others agreed calling the event a "great service" to the community. Some even went so far as to say that the health seminars were "better than a visit to a doctor."



The "Mad Hatter," a.k.a. Capt. Ed Rau of the NIH Environmental Protection Branch, takes a break from his mercury-free campaign efforts.

Topics at this year's health forum covered important issues including osteoporosis, treating chronic pain, the safety of herbal medicine, sleep and sleep disorders, nutrient needs of older adults, women and depression, vitamins and age-related eye disease, advances in the treatment and prevention of stroke, quality of life at the end of life, managing chronic diseases, alcohol and the brain, cochlear implants, biodefense, racial and ethnic health disparities and oral complications of cancer therapy.

With exercise as a major theme, keynote speaker Richard J. Hodes, M.D., director of the National Institute on Aging, captivated a full house with his ideas on the importance of exercise at all ages of life. Providing concrete examples and giving demonstrations, he explained how exercise is key to staying healthy. Participants also benefited from expert guidance by exercise guru Margaret Richard, producer and host of PBS-TV's "Body



National Institute on Aging staff volunteers demonstrate proper exercise techniques during Dr. Richard Hodes' keynote presentation.

Electric" program. She led participants in several muscle-toning workshops.

Community members had their eyes and blood pressure checked; collected health information from state-of-the-art exhibits by NIH institutes and local health-related organizations; and learned how to find reliable health information in English and Spanish from the Internet. Children had the opportunity to listen to Mr. Bones, the skeleton, teach about the importance of strong bones; hear life-sized puppets talk about asthma, diabetes and attention deficit and hyperactivity disorder; and meet the National Capital Therapy dogs who provide patient therapy. Everyone enjoyed visits with the "Mad Hatter" (a.k.a. Capt. Ed Rau of the NIH Environmental Protection Branch), who gave out mercury-free thermometers and explained why ridding our homes of mercury is important.



Karen Brody of Suburban Hospital check's a participant's blood pressure.

"By and large, people had a great time and learned a lot of useful information," said Gallagher. "NIH strives to be a good neighbor, and it is with events such as this that we can continue our commitment to community outreach."

If you missed this year's event, make plans to come to the 2003 Share the Health event on **Saturday, October 25, 2003**. It promises to be another great success!

OCL Update Receives New Look

The *OCL Update* has a fresh new look for 2003. A brand new white paper along with crisp blue colors now shape the newsletter. Although both the color and paper are new, the layout of the issue is the same. OCL Director Dr. Thomas Gallagher wanted a new look for the newsletter to better represent the office, NIH and the U.S. Department of Health and Human Services (HHS). “The new color scheme is more in line with other HHS publications,” said Dr. Gallagher, “but the heart of the issue is essentially the same. Community members have only given us compliments on the newsletter’s content and design.”

NIDA Offers Online Science Education Materials for Second and Third Graders

It’s never too soon to start teaching children about the dangers of drug abuse. Now parents and teachers have some help from the National Institute on Drug Abuse (NIDA). NIDA recently released a new elementary school curriculum called “Brain Power! The NIDA Junior Scientists Program.” Available online and designed for use in second- and third-grade classrooms, “Brain Power!” focuses on the biological effects of drug abuse on the body and the brain.

“Research has shown that the highest risk periods for children initiating drug use are as they move from one developmental stage to another, or when they experience important transitions in their lives,” said NIDA Acting Director Dr. Glen R. Hanson. “Since the first big transition for children is when they leave the security of their families and enter school, it is important to educate them about the dangers of abusing drugs.”

The curriculum consists of six modules; each includes a video, written materials for students, a newsletter for parents and a guide for teachers. To access the materials online, visit <http://www.drugabuse.gov>. A limited number of hard copies are also available and can be ordered from the National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686.

NIH Announces Faces and Phases of Life Seminars for January

The fifth annual “Faces and Phases of Life” Seminar Series is now under way. Developed by the NIH Work and Family Life Center (WFLC) and the Employee Assistance Program, this successful series brings expert speakers to NIH to discuss quality of work and quality of life issues. All seminars are free of charge and are open to the public. The seminar schedule for January is listed below. To pre-register for the seminars, call WFLC at 301-435-1619 (TTY 301-480-0690). For more information, visit <http://wflc.od.nih.gov/faces.asp>.

January 7 Developing Competitive Resumés for the Private Sector

Noon–2 p.m., Building 31, Room 6C10, NIH campus
Learn the differences between Federal and private sector resumés and what you can do to make your resumé stand out from the crowd.

January 13 Sibling Rivalry

Noon–1:30 p.m., Neuroscience Center, Conference Room D, 6001 Executive Boulevard, Rockville
How do your children get along with each other? Chances are their relationship can sometimes be difficult. Learn about the reasons why siblings argue, the positive side of this rivalry and how you can help.

January 15 Gender Communication

Noon–2 p.m., Building 31, Room 6C6, NIH campus
Communication skills are critical to our effectiveness at work and at home. Learn the differences in communication styles between men and women and be a more effective communicator.

January 22 Home Safety for School-Aged Children: Ages 9–12

Noon–1:30 p.m., Building 1, Wilson Hall, NIH campus
Learn how to communicate fundamental safety rules; how to evaluate your child’s readiness to stay home alone; and how you can work with your child to make the time alone at home as safe for them and as stress-free for you as possible.

January 30 Discontinuities: Aging and Life Course Transitions

Noon–1:30 p.m., Building 31, Room 6C10, NIH campus
Michael Bowler, Ph.D., of the NIH Employee Assistance Program, explores how to handle the stress that can occur when caring for aging loved ones.

NIH Launches Clinical Trials of New HIV Vaccine

Scientists at the Dale and Betty Bumpers Vaccine Research Center (VRC), part of the National Institute of Allergy and Infectious Diseases (NIAID) at NIH, have started clinical tests of a new vaccine directed at the three most globally important HIV subtypes, or clades. The vaccine incorporates HIV genetic material from clades A, B and C, which cause about 90 percent of all HIV infections around the world.

“This is the first multigene, multiclade HIV vaccine to enter human trials,” said NIAID Director, Anthony S. Fauci, M.D. “It marks an important milestone in our search for a single vaccine that targets U.S. subtypes of HIV as well as clades causing the global epidemic.” Gary Nabel, M.D., Ph.D., who heads the VRC, added, “This trial begins a process that we hope will culminate in a globally effective HIV vaccine. Ultimately, we aim to build a potent vaccine designed to prevent HIV infection.”

The trial vaccine is a DNA vaccine, which has been shown to be very safe in previous clinical trials. It incorporates parts of four HIV genes, which can produce an immune response but cannot become an infectious virus. A person cannot become infected with HIV from this vaccine, Dr. Nabel emphasized.

Fifty healthy, HIV-negative volunteers will be involved in the first phase of the trial, which will determine the vaccine’s safety. During the year-long, double-blind trial, scientists will assess the vaccine for safety and any induced immune response. Further tests conducted through NIAID’s HIV Vaccine Trials Network are planned for several domestic sites as well as sites in Haiti and South Africa.

For more information about the trial or to volunteer, call toll-free 1-866-833-LIFE (5433) (TTY, toll-free, 1-866-411-1010). Potential volunteers may also send an e-mail to vrcforlife@mail.nih.gov or visit <http://www.clinicaltrials.gov> or <http://www.niaid.nih.gov/vrc>.

2003 Montgomery County Women’s Fair Set for March

Join women leaders from around the County at the upcoming Montgomery County Women’s Fair (MCWF) on Saturday, March 29, 2003. Featuring educational workshops, expert speakers and exhibits from 8 a.m. to 5 p.m., local women won’t want to miss this important event. Explore a variety of topics on personal and professional growth; network with other business, professional, and home-based women; and address relevant issues and concerns affecting women in the metropolitan Washington, DC, area. MCWF takes place at Montgomery Blair High School, 51 E. University Boulevard in Silver Spring, Maryland. For more information, visit <http://www.mcwomensfair.org> or send an e-mail to workshops@mcwomensfair.org.

NIH CALENDAR OF EVENTS*

January 6

NIH Neuroscience Seminar Series: *Forebrain Mechanisms of Pain and Analgesia* by Mary Catherine Bushnell, Ph.D., McGill University, noon, Wilson Hall, Building 1, NIH campus, free and open to the public. Call Dr. Story Landis at 301-435-2232 for more information or visit <http://neuroseries.info.nih.gov/schedule.asp>.

January 8

The NIH Director’s Wednesday Afternoon Lectures: *Molecular Mechanisms of Protein Sorting in the Secretory Pathway* by Randy Schekman, Ph.D., University of California, Berkeley, 3 p.m., Masur Auditorium, Building 10, NIH campus, free and open to the public. Call Hilda Madine at 301-594-5595 for more information or visit <http://www1.od.nih.gov/wals/schedule.htm>.

January 12

FAES Music Series: *Viktoria Mullova, violin, and Charles Abramovic, piano*, 4 p.m., Landon School Mondzac Performing Arts Center, 6101 Wilson Lane, Bethesda, Maryland, \$25, open to the public. For more information, call 301-496-7976 or visit <http://www.faes.org>.

January 13

NIH Manchester String Quartet Music Series: *Mendelssohn Quartet in E flat Major, opus 12*, 12:30 p.m., Masur Auditorium, Building 10, NIH campus, free and open to the public. Call Sharon Greenwell at 301-496-4713 for more information.

Behavioral and Social Sciences Lecture Series: *Neurovisceral Integration: Linking Psychopathology and Behavioral Medicine*

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by Julian Thayer, Ph.D., National Institute on Aging, NIH, 4 p.m., Balcony A, Building 45, NIH campus, free and open to the public. Call Ronald Abeles at 301-496-7859 for more information or visit <http://obsr.od.nih.gov>.

NIH Neuroscience Seminar Series: Diversity of GABAergic Neurons and Spike Timing in the Cerebral Cortex by Peter Somogyi, Ph.D., Oxford University, noon, Wilson Hall, Building 1, NIH campus, free and open to the public. Call Dr. Story Landis at 301-435-2232 for more information.

January 15

The NIH Director’s Wednesday Afternoon Lectures: Biological Circuits with Small RNA Switches by Susan Gottesman, Ph.D., National Cancer Institute, NIH, 3 p.m., Masur Auditorium, Building 10, NIH campus, free and open to the public. Call Hilda Madine at 301-594-5595 for more information.

NLM History of Medicine Seminar Series: Emotions and Disease: From Balance of Humors to Balance of Molecules by Dr. Esther M. Sternberg, 2–3:15 p.m., Lister Hill Auditorium, Building 38A, NIH campus, free and open to the public. Call 301-594-0992 for more information or visit http://www.nlm.nih.gov/hmd/seminars_2003.html.

January 20

FAES Music Series: Radu Lupu, piano, 8 p.m., Landon School Mondzac Performing Arts Center, 6101 Wilson Lane, Bethesda, Maryland, \$25, open to the public. For more information, call 301-496-7976 or visit <http://www.faes.org>.

January 22

The NIH Director’s Wednesday Afternoon Lectures: Telomerase and the Consequences of Telomere Dysfunction by Carol W. Greider, Ph.D., The Johns Hopkins University, 3 p.m., Masur Auditorium, Building 10, NIH campus, free and open to the public. Call Hilda Madine at 301-594-5595 for more information.

January 27

NIH Neuroscience Seminar Series: Mechanisms of Signaling by Neuronal ApoE Receptors by Joachim Herz, M.D., University of Texas Southwestern Medical Center, noon, Wilson Hall, Building 1, NIH campus, free and open to the public. Call Dr. Story Landis at 301-435-2232 for more information or visit <http://neuroseries.info.nih.gov/schedule.asp>.

January 29

The NIH Director’s Wednesday Afternoon Lectures: Epidemiology of Breast Cancer in Older Women Age 65–79 Years: An Understudied Age Group by Janet R. Daling, Ph.D., University of Washington, School of Public Health, Fred Hutchinson Cancer Research Center, 3 p.m., Masur Auditorium, Building 10, NIH campus, free and open to the public. Call Hilda Madine at 301-594-5595 for more information.

**Calendar items subject to change. Call to confirm your event.*

OTHER NEWS AND ACTIVITIES OF INTEREST

Artist-Designed Benches Arrive at Bethesda 8 Trolley Stops

You may have noticed some new art features adorning Bethesda trolley stops this past fall. Instead of providing typical bus stops, unique “poetry” benches were



Artist Bodil Meleney on Bench

introduced at six Bethesda 8 trolley stops. These one-of-a-kind benches feature poetry written by local poets and are designed to further raise awareness of the Bethesda 8 trolley and make waiting for the bus more pleasant and aesthetic.

“The Bethesda 8 didn’t have any benches along its route,” said Francine E. Waters, Bethesda Transportation Solutions (BTS) Director. “This concept was designed to bring the visual arts together with the humanities to create a totally new concept to public transportation. I call it transit art!”

Artist Bodil Meleney’s bench design was selected from a dozen proposals. Meleney, a Takoma Park artist with functional art furniture experience, took standard bus benches and made hand-carved, hand-painted backboards. Poetry from local poets, who competed to have their work featured, was added onto the backboards for the completed bench. Each bench is slightly different and has been placed along the trolley route at various locations. Six more benches are planned for the spring.

The Bethesda 8 trolley is a free shuttle that circulates throughout downtown



Bethesda. Named One of Bethesda’s new poetry benches. for the eight-minute frequency it provides and the figure “8” shape of its route, the trolley operates Monday through Thursday, 7 a.m.–midnight; Friday, 7 a.m.– 2 a.m.; and Saturday, 6 p.m.–2 a.m. For more information, call BTS at 301-656-0868 or visit <http://www.bethesdatransit.org>.

County Offers Tips on Getting Ready for Winter

With temperatures dropping, many homeowners may be thinking about ways to keep warm this winter. The Montgomery County Division of Consumer Affairs (DCA) offers a variety of tips on preparing your home for the winter. With recommendations on checking your heating system, inspecting and cleaning fire place flues and purchasing firewood, these tips can save you both energy and money. Listed below are a few of these tips to save energy and keep costs down:

- Change the filter in your heating/air conditioning unit once a month;
- Keep your outdoor unit clear of debris, shrubbery and leaves;
- Make sure your home is insulated properly;
- Keep your fireplace damper closed when the fireplace is not in use;
- Keep your garage doors closed (for an attached garage); and
- Make sure your windows are shut and locked.

For more information and advice on winterizing topics, call 240-777-3636 or visit DCA's Web site at <http://hca.emontgomery.org/consumer/newsdca.html>.

BAPA Imagination Stage Presents *Pinocchio Commedia*

On January 25, BAPA Imagination Stage opens the classic Italian comedy, *Pinocchio Commedia*. Performed by members of the nationally acclaimed Deaf Access Company, consisting of both deaf and hearing teens, the performers mix sign language, expression and mime for a truly delightful production. This show is recommended for children aged 5 and up. Tickets are \$7.50. BAPA's Imagination Stage is located on the second level of White Flint Mall, 11301 Rockville Pike in N. Bethesda. For more information or tickets, call 301-881-5106 or visit <http://www.imaginationstage.org>.

Bethesda's Best in Home Fashion Brochure

Thinking of remodeling or redecorating your home? Check out the updated *Bethesda's Best in Home Fashion* brochure, featuring downtown

Bethesda's home fashion stores and boutiques. The guide offers detailed descriptions, photos and information for nearly 100 of downtown Bethesda's furniture, home accessory, kitchen, antique, carpet, entertainment, hardware and remodeling stores. To get your free copy of *Bethesda's Best in Home Fashion*, visit the Bethesda Urban Partnership office at 7700 Old Georgetown Road, send an e-mail to chogan@bethesda.org or call 301-215-6660.

Special Needs Library Needs Computer Volunteers

Volunteers with basic computer skills are needed to tutor people with disabilities as part of a special program offered at the Special Needs Library in Bethesda. The Computer Assisted Literacy in Libraries (CALL) program provides people with disabilities access to adaptive computers; assists in improving vocabulary, reading and writing; provides access to the Internet and provides e-mail access. Because of its popularity, many students are in need of tutors. Volunteers should be patient, have an understanding of Windows and be older than aged 14. If you have these basic computer skills and can offer some time to help, please call 240-777-0960 to request a volunteer application. The Special Needs Library is located within Davis Library at 6400 Democracy Boulevard in Bethesda.

TRY THIS WEB SITE:

<http://www.nichd.nih.gov/milk/milk.cfm>

The Milk Matters Web site is part of a national campaign to educate people about the importance of calcium in developing strong bones during childhood and teenage years. Sponsored by the National Institute of Child Health and Human Development (NICHD), the Web site features basic information about the importance of calcium, where to find good sources of calcium, health research, fact sheets, the importance of exercise and more. Numerous related publications are also available from the site as well as information on what to do if your child is lactose intolerant. Coming soon are fun materials and activities for kids and teens.

VOLUNTEER OPPORTUNITIES

Diabetic Vitamin C Study

Volunteers with diabetes (aged 18–65) who are taking oral diabetic medications are needed for vitamin C blood level screening. Must be off vitamin C supplements for at least 4 weeks prior to screening. Compensation is provided for blood level determination and participation; results of vitamin C level determine eligibility for further studies. For more information, contact Gail Sullivan at 301-496-3244.

College-Educated Adults Needed

College-educated, middle-aged adults are needed for a 2-day outpatient study at the National Institute of Mental Health (NIMH). The study involves a blood draw and routine clinical, neurological and cognitive procedures. Compensation is available. For more information, call 301-435-8970.

Smallpox Vaccine Trial

Healthy adults aged 18–30 who have never been immunized against smallpox are sought to participate in a phase I/II trial at the Vaccine Research Center on the NIH campus in Bethesda. The smallpox vaccine will be evaluated for safety, dosing schedule and immune responses. All participants will also receive the standard smallpox vaccine. To volunteer or for more information, call 1-866-833-LIFE or TTY, 1-866-411-1010.

Anti-Depressant Blood Study

Individuals currently taking an anti-depressant (Wellbutrin) are sought for routine screening and evaluation of platelet function. Participants will be asked to donate four tablespoons of blood; the visit will be no longer than 1 hour and compensation is provided. For more information, call Donna Jo McCloskey at 301-496-5150.

The OCL Update is available on our Web site at <http://ocl.od.nih.gov>. If you would rather view this document online and not receive a printed version, please contact the OCL office at 301-496-3931. If you would like to list an upcoming event of interest to the local community, call Terry LaMotte at Palladian Partners, OCL support contractor, at 301-650-8660, or send her an e-mail at tlamotte@palladianpartners.com.

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